

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 20:4 n-6 (g) ; 20:4 undifferentiated (g)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: 100 g

Report Run at: March 12, 2016 13:53 EST

NDB_No	Description	20:4 n-6(g) Value Per	20:4 undifferentiated(g) Value Per
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	--	0.37
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	--	0.21
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	--	0.20
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	--	0.20
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	--	0.19
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	--	0.19
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	--	0.18
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	--	0.17
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	--	0.16
17358	Lamb, New Zealand, imported, brains, raw	--	0.16
17367	Lamb, New Zealand, imported, kidney, raw	--	0.14
17369	Lamb, New Zealand, imported, liver, raw	--	0.12
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	--	0.12
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	--	0.11
17373	Lamb, New Zealand, imported, heart, raw	--	0.09
17377	Lamb, New Zealand, imported, testes, raw	--	0.07
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	--	0.06
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	--	0.06
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	--	0.05
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	--	0.05
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	--	0.05
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	--	0.05
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	--	0.05
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	--	0.05
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	--	0.05
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	--	0.05
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	--	0.05
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	--	0.04

NDB_No	Description	20:4 n-6(g) Value Per	20:4 undifferentiated(g) Value Per
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	--	0.04
23438	Beef, New Zealand, imported, sweetbread, raw	--	0.04
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	--	0.04
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	--	0.04
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	--	0.04
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	--	0.04
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	--	0.04
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	--	0.04
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	--	0.04
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	--	0.04
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	--	0.04
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	--	0.04
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	--	0.04
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	--	0.04
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	--	0.04
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	--	0.04
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	--	0.04
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	--	0.04
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	--	0.03
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	--	0.03
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	--	0.03
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	--	0.03
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	--	0.03
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	--	0.03
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	--	0.03
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	--	0.03
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	--	0.03
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	--	0.03
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	--	0.03
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	--	0.03
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	--	0.03
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	--	0.03
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	--	0.03
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	--	0.03
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	--	0.03

NDB_No	Description	20:4 n-6(g) Value Per	20:4 undifferentiated(g) Value Per
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	--	0.03
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	--	0.03
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	--	0.03
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	--	0.03
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	--	0.03
23413	Beef, New Zealand, imported, flat, separable lean only, raw	--	0.03
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	--	0.03
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	--	0.03
17375	Lamb, New Zealand, imported, sweetbread, raw	--	0.03
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	--	0.03
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	--	0.03
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	--	0.03
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	--	0.03
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	--	0.03
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	--	0.03
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	--	0.03
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	--	0.03
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	--	0.03
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	--	0.03
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	--	0.03
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	--	0.03
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	--	0.02
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	--	0.02
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	--	0.02
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	--	0.02
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	--	0.02
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	--	0.02
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	--	0.02
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	--	0.02
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	--	0.02
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	--	0.02
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	--	0.02
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	--	0.02
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	--	0.02
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	--	0.02

NDB_No	Description	20:4 n-6(g) Value Per	20:4 undifferentiated(g) Value Per
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	--	0.02
23418	Beef, New Zealand, imported, inside, raw	--	0.02
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	--	0.02
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	--	0.02
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	--	0.02
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	--	0.02
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	--	0.02
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	--	0.02
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	--	0.02
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	--	0.02
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	--	0.02
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	--	0.02
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	--	0.02
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	--	0.02
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	--	0.02
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	--	0.02
17371	Lamb, New Zealand, imported, ground lamb, raw	--	0.02
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	--	0.02
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	--	0.02
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	--	0.02
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	--	0.02
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	--	0.02
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	--	0.02
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	--	0.02
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	--	0.02
21090	Fast foods, cheeseburger; single, regular patty, with condiments	--	0.02
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	--	0.02
21242	WENDY'S, Jr. Hamburger, with cheese	--	0.02
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	--	0.02
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	--	0.02
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	--	0.02
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	--	0.02
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	--	0.02
23427	Beef, New Zealand, imported, manufacturing beef, raw	--	0.02
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	--	0.02

NDB_No	Description	20:4 n-6(g) Value Per	20:4 undifferentiated(g) Value Per
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	--	0.02
23431	Beef, New Zealand, imported, ribs prepared, raw	--	0.02
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	--	0.02
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	--	0.02
23411	Beef, New Zealand, imported, flank, separable lean only, raw	--	0.02
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	--	0.02
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	--	0.02
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	--	0.02
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	--	0.02
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	--	0.02
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	--	0.02
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	--	0.02
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	--	0.02
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	--	0.02
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	--	0.02
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	--	0.02
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	--	0.01
21241	WENDY'S, Jr. Hamburger, without cheese	--	0.01
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	--	0.01
09079	Cranberries, dried, sweetened	--	0.00
09520	Kiwifruit, ZESPRI SunGold, raw	--	0.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	--	0.00
23420	Beef, New Zealand, imported, intermuscular fat, raw	--	0.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	--	0.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	--	0.00